

## BENEFITS OF WATER FITNESS

- For all ages
- Swimmers and non-swimmers
- Increases flexibility through range of motion
- Easy on joints
- Burns fat
- Cardio-respiratory fitness
- Tones muscle using the water's resistance
- All ages can participate
- Reduces Stress

## FEES

Adults  
\$9.00 per class

Seniors/Disabled/Children  
\$2.50 per class

Fees and schedule are subject to change  
without prior notice.



## CITY OF SAN DIEGO POOLS

|                                 |                |
|---------------------------------|----------------|
| <b>ALLIED GARDENS</b>           | (619) 235-1143 |
| 6707 Glenroy Street             |                |
| <b>BUD KEARNS</b>               | (619) 692-4920 |
| 2229 Morley Field Drive         |                |
| <b>CARMEL VALLEY</b>            | (858) 552-1623 |
| 3777 Townsgate Drive            |                |
| <b>CITY HEIGHTS</b>             | (619) 641-6126 |
| 4380 Landis Street              |                |
| <b>CLAIREMONT</b>               | (858) 581-9923 |
| 3600 Clairemont Drive           |                |
| <b>COLINA DEL SOL</b>           | (619) 235-1147 |
| 4150 54th Place                 |                |
| <b>KEARNY MESA</b>              | (858) 573-1389 |
| 3170 Armstrong Street           |                |
| <b>MARTIN L. KING, JR.</b>      | (619) 262-9388 |
| 6401 Skyline Drive              |                |
| <b>MEMORIAL</b>                 | (619) 235-1139 |
| 2902 Marcy Avenue               |                |
| <b>NED BAUMER</b>               | (858) 538-8083 |
| 10440 Black Mountain Road, P100 |                |
| <b>SWANSON*</b>                 | (858) 552-1653 |
| 3585 Governor Drive             |                |
| <b>TIERRASANTA</b>              | (858) 636-4837 |
| 11238 Clairemont Mesa Blvd      |                |
| <b>VISTA TERRACE</b>            | (619) 424-0469 |
| 301 Athey Avenue                |                |
| <b>SWIM HOTLINE</b>             | (619) 685-1322 |

\*Some sites offer babysitting for a fee.

AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINST ANYONE ON THE BASIS OF RACE, COLOR, GENDER, RELIGIOUS CREED, MARITAL STATUS, SEXUAL ORIENTATION, ANCESTRY, NATIONAL ORIGIN, AGE, MENTAL OR PHYSICAL DISABILITY, MEDICAL CONDITION (INCLUDING HIV, AIDS & AIDS-RELATED COMPLEX). IF ANYONE BELIEVES HE OR SHE HAS BEEN DISCRIMINATED AGAINST, HE OR SHE MAY FILE A COMPLAINT ALLEGING THE DISCRIMINATION WITH EITHER THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT (CONTACT DISTRICT MANAGER (619) 685-1397) OR THE OFFICE OF EQUAL OPPORTUNITY, U. S. DEPARTMENT OF THE INTERIOR, WASHINGTON, D.C. 20240. THIS INFORMATION IS AVAILABLE IN ALTERNATIVE FORMATS UPON REQUEST.



The City of San Diego Park and Recreation Department  
"We Enrich Lives Through Quality Parks and Programs"

# GET WET! GET FIT!

City of San Diego

Water Fitness





# GET WET! GET FIT!



*Not all pools offer all of the classes listed below. This is a course description. See specific pool schedules for times, days and classes offered.*

*The City of San Diego Park and Recreation Department Water Fitness classes are designed for those who wish to engage in an effective, low-impact physical exercise program.*

*Flexibility, endurance, strength, and coordination are emphasized while eliminating stress on the joints and back.*

*The Water Fitness Program offers a variety of classes to benefit the beginning participant as well as, athletes looking for a low to non-impact cross training option. Those with medical concerns, swimmers and non-swimmers, or those who just enjoy organized fitness programs held outside under the San Diego sun are welcome! (Consult your physician first before attempting physical exercise.) Hats, sunglasses, sunscreen are recommended to protect against harmful UVA/UVB rays.*

*All water fitness instructors are certified by the City of San Diego to teach the following classes.*



**AQUAKIDS** - Designed for children 6 - 13 yrs. This course transforms an "exercise class" into a healthy playtime experience. Music, fitness equipment and pool toys are used to contribute to a fun and energizing class.

**DEEP H2O WORKOUT** - This challenging workout is conducted in deep water. Buoyant and resistive water exercise equipment is provided. Class includes warm-up, cardio-respiratory workout, strengthening and abdominal work, followed by a cool-down period. Deep water exercise is non-impact and provides resistance to all major muscle groups. (Participants must feel comfortable in deep water.)

**AQUA BOX** - This shallow water class utilizes the techniques used in boxing and kick-boxing. This class uses concentrated movements to increase cardio-respiratory levels to help strengthen and tone muscle, while building self-esteem and confidence.

**WET STEP** - You've seen it at the gym, now try it in the water! Steps in the water reduces stress on the joints and increases resistance. An excellent shallow water cardio-respiratory workout.

**ABC Aquatic Body Conditioning** - A total body conditioning class. Multi-level, low impact, cardio-respiratory workout held primarily in shallow water. Flexibility, muscular strength and endurance are emphasized.

**AQUASCULPT** - This class targets all major muscle groups, especially abdominal. Utilizing resistive equipment, this class works to shape and define your body.

**AQUA FIT** - This class is designed for the senior citizen who would like a fun and relaxing way to exercise! It is a low-impact class, great for cardio-respiratory fitness and rehabilitation. Aqua Fit is a safe way to lower blood and cholesterol levels and increase muscle strength to enhance daily life. All equipment is provided.

**AQUA STRIDE** - Participants perform gentle stretching and strengthening exercises in the water. Movement is performed at a low to moderate intensity to develop muscular strength, endurance and range of motion. A physician's written medical approval is recommended for participation.

**CARDIOBLAST** - Utilizing various aquatic exercise equipment and stations, this strength and cardio-conditioning class suits the most athletic body to the person looking for a fast-paced, high-intensity class.

\*Aqua shoes or clean tennis shoes are highly recommended for all classes.

Our pools are heated!

